

Taylor named Dean of Students



Photo/Brandon Lovett

New Dean of Students Tommy Taylor (R) visits with security guard Breland McCool during McCool's retirement reception.

By Sherry Snow
Staff Writer

After graduating from Hale County High School in 1983, Tommy Taylor attended Shelton State Community College; now 21 years later, he once again attends Shelton, as the new Dean of Students.

After returning from serving a year as missionaries in Santiago, Chile, working with The Southern Baptist Convention, accompanied by his wife Cindy, their three children, TJ (14), Madison (9), and Sarah (3), Taylor accepted the position at Shelton State that had been announced recently. This new position is another in the long history Taylor has with the college.

See Taylor
Page 6

Heavenly Viewing



Photo/Sherry Snow

Dr. Lee Albritton's astronomical dream has come true. The long sought-after observatory recently was installed on the Fredd Campus. Albritton will be offering observational classes this fall on Monday, Tuesday and Wednesday evenings.

'Major' fun in Cy-Buc's marketing



The Shelton State faculty, staff and students participate in Ted Major's Principles of Marketing class promotion of Cy-Bucs.

By Jeremy D. Head
Staff Writer

Everyone has probably heard of Starbucks, but how many of you are familiar with Shelton State's new cyber café, Cy-Bucs?

This summer, Shelton State Community College sponsored a hands-on marketing project in which students in Dr. Ted Major's Principles of Marketing class promoted

See Cy-Bucs
Page 2

White Coats &
Pickup Trucks...
Profiles of the Rural
Physician

Truly a
lifetime of
caring



Photo/Brandon Lovett

Dr. Richard Rutland reminisces about the formative years of Fayette Hospital.

By Dr. Jim Kenny
Publisher

Last in our series of
stories—for now

Richard Rutland, M.D., has a story to tell. He has layers of experience to share and great depths of feelings to convey. A reporter walks around his hospital with him in Fayette, listens to his tales about the hospital's founding and growth, and begins to feel something of what's special about devoting one's life to primary health care, to being a family practitioner in a small town.

But the first thing the reporter senses when talking to the princely thin, distinguished 78-year-old gentle-

See Doctors
Page 3

Inside The Courier

- You could be the first Shelton Idol!...
page 6
- Meet Shelton's new softball coach...
page 4
- Could your cell phone be a killer?...
page 6
- And much more!



Cy-Bucs From Page 1

Shelton State's new Cy-Bucs Cyber Café.

The 24 marketing and business students created a working marketing agency with the goal of designing and implementing a successful marketing campaign to increase student awareness of Cy-Bucs.

"The idea is to get some actual application out of class and give the students an opportunity to take these theories, see them in action, and apply their knowledge," said Major.

Cy-Bucs Cyber Café opened in March 2004, and is the first cyber café at a college in Alabama.

The café contains 12 internet-ready computer workstations, a laser printer, and offers wireless networking for students and faculty with laptop computers.

Cy-Bucs also has tables and booths for students interested in using the café as a study area.

Food and beverages are welcome in Cy-Bucs. Students and faculty may bring their own refreshments or choose from a wide variety of drinks and baked goods prepared in Shelton State's Clocktower Café and sold in Cy-Bucs.

The Principles of Marketing class was divided into four groups that spent the

first half of the summer term researching their target market and planning a two-day event to promote Cy-Bucs.

"There are a lot of students that don't even know that Cy-Bucs exists," said Sherry Prisoc, a student in the Principles of Marketing class. "Hopefully, we can inform the students and let them know where it [Cy-Bucs] is and what it offers."

On July 14 and 15, students from Major's class were at Shelton State's main entrances distributing flyers and inviting students and faculty to visit the college's new cyber café.

From the hours of 7:45 to 3:30 on these days, Cy-Bucs held drawings each hour and gave away prizes, such as coupons for free pizza, tanning packages, and passes to Six Flags Over Georgia.

It is estimated that over 400 students visited Cy-Bucs Cyber Café each day of the event.

The project will conclude at the end of the summer when the marketing students give a formal, agency-style presentation of their project results to dignitaries and representatives of Shelton State.

The presentation will give the students a chance to develop their public speaking and presentation skills.

For more information about Cy-Bucs Cyber Café, visit www.sheltonstate.edu/library/cybucshome.html.

Shelton State fall registration is underway

Web and telephone registration for fall semester classes at Shelton State began July 19.

This advance registration option is available for current, returning, transient and transfer students and is accessible Saturday through Thursday 9 a.m. to 8 p.m. and 9 a.m. to 5 p.m. on Fridays.

Please call 205/391-2900 or visit the Shelton State website at <http://www.sheltonstate.edu>

state.edu/>www.sheltonstate.edu to register.

Web and telephone registration is available through Aug. 18.

Onsite registration is Thursday, Aug. 19, noon to 6 p.m.

Beginning freshman who have not been admitted and are interested in attending classes in the fall, should con-

Registration

tact the Shelton State Community College Counseling Center at 205/391-2232.

ShelTalk by AnTonio Nevels

The Origin of Reality TV

As I said in my last column, I believe reality TV is dying a slow and agonizing death. Seeing as how 76 percent of the people I spoke with feel the same way, I think it has finally run its course.

One thing still bothers me, however: why would TV producers even create reality TV in the first place?

Maybe someone should define what reality TV was meant to be.

Reality TV can be defined as the things that "real" people do in everyday situations. The early years of *The Real World* are an example of this. What it has become, however, is how "real" people act in extraordinary circumstances: i.e. *The Bachelor*, *Fear Factor*, and *Survivor*.

Alex Dawson, a sophomore at Shelton said, "I've never dated 15 chicks at once. Have you?"

Television shows *Law & Order*, *Friends*, *C.S.I.*, *The Sopranos*, and *The Simpsons* were voted among faculty and student favorites.

Lawrence Smith, a transient student said, "Homer Simpson is way cooler than Paris Hilton." (What Smith actually said contains four letter words and isn't suitable for some audiences.)

American Idol was the only reality show to make it into the top ten list, a list that had over twenty-five different responses.

Smith later said, "I don't

see or get what's so entertaining about televised karaoke singing."

Many people feel that MTV is to blame for the creation of reality, but in fact, that is far from the truth. If you want someone to blame, try PBS. I know what you're saying, "What could PBS have done?"

Glen Johnson, a library colleague, told me that the first reality show was called *An American Family* which featured a family named the Louds.

"In the beginning people thought the show was dull and boring, but it ended up being pretty good," says Johnson.

The show was so riveting that it attracted over 10 million viewers.

People tuned in to watch the family disintegrate. The show included the parents divorcing, constant fighting and screaming, and the son, Lance, coming out of the closet.

Lance was the first ever openly gay person in television history. The show was ahead of its time, however, and only lasted for seven months.

Although Alan and Susan Raymond, the shows producers, should receive most of the blame, most of it goes to Johnathan Murray and Mary Ellis-Bunim.

These two joined together in 1987 and worked on several projects together. In 1990,



AnTonio Nevels is a sophomore at Shelton State.

the two were approached by MTV executives to create a new show that would appeal to a young audience. They initially proposed a soap opera but found it too expensive due to the actor's salaries.

Later, the two of them pitched the idea of a show that combined documentary and soap opera.

A show that didn't need actors and didn't require the use of scripts; thus, *The Real World* was born.

So there you have it, ladies and gentleman; that's where it all started.

Who would've thought that PBS of all stations would've had something to do with this? Ratings show that reality shows are beginning to decline but still remain strong due to the abundance of so many shows.

I'd like to close with a quote from a friend:

What is human nature? We are nosey. Celebrity worship has been around for a long time but reality TV is just a new medium of gaining knowledge. — Sully Cochrane

Shelton State Courier

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The Shelton State Courier is a campus newspaper, written and produced with the help of students.

Among other functions, it is intended as a vehicle for student expression, and all students are urged to participate with submissions of written and artistic material.

The college seeks to fulfill the statement for academic freedom in working

with the students in the production of this paper.

All publications are subject to review by the Publications Action Group, which has been delegated the responsibility to review all college publications for content and accuracy.

The Courier is an equal opportunity employer and student organization. All students are encouraged to participate.

Theatre Tuscaloosa skewers American History in summer show

Wanna find out what you missed when you cut history class?

Distressed by the current political situation?

Theatre Tuscaloosa has the solution. *The Complete History of America (Abridged)* started July 22 and will be playing through Aug. 1 at the Bean-Brown Theatre.

The Complete History of America (Abridged) is a fast-paced, madcap romp through American history.

The over-the-top antics of three actors reconstructing key moments in American history are guaranteed to keep audiences laughing.

Returning from 2001's hit *The Complete Works of William Shakespeare (Abridged)* are Paul B. Crook and Doug Perry.

Joining them in the daunting challenge of presenting all of American history in just ninety wild minutes is Gary Wise. The production is directed by Tina Fitch.

The show was originally written by Adam Long, Reed Martin and Austin Tichenor of the California-based Reduced Shakespeare Company, the parties also responsible for such over-the-top farces as *All the Great Books (Abridged)*, *Western Civilization, The Musical (Abridged)* and *The Complete Works of William Shakespeare (Abridged)*.

Complete History is a rollicking revue of U.S. history. From Columbus to Vaudeville, from the writing of the Bill of Rights to Lewis and Clark, and from Valley Forge to the storming of

Normandy, *Complete History* leaves no sacred cow un-tipped. Director Tina Fitch said, "Directing these guys is a dream! It's louder, faster and funnier this time. They're talented and oddly shaped, which is always a plus in comedy."

Returning actor Doug Perry noted, "During the Shakespeare piece I broke two ribs. This time I'm just trying to avoid a coronary."

Reputable historians may cringe at the slapstick telling of the American Saga, but as Gary Wise said, "America has a lot of history to make fun of. Come on, we've been around for like 200 years or something."

Paul B. Crook added, "And we've got like 5,000 costume changes! But most of mine are dresses."

Performances are scheduled July 30-31 at 7:30 p.m. Matinee performances at 2 p.m. are scheduled for July 28 and Aug. 1 (signed-interpreted performance).

Tickets are \$15 for adults and \$12 for seniors, students and children. Shelton State students may purchase tickets for \$5 with their Student I.D. Card.

Advance tickets may be purchased by phone by calling the Theatre Tuscaloosa Box Office at 205/391-2277.

Theatre Tuscaloosa will be presenting its 2004 T. Earle Awards following the Aug. 1 performance. The annual awards recognize standout performances and services by Theatre Tuscaloosa volunteers.

Physicians

From Page 1

man of the healing arts is that this fellow could have been whatever he wanted to be: a wheeling-dealing lawyer, a wealthy businessman, a famous surgeon. His mind is so sharp; his manner is so smooth.

He has been laden with honors over the years, culminating in 1981 by being named the *Good Housekeeping* magazine national "Family Doctor of the Year" and topped off only last year with the statewide "Rural Health Provider Exceptional Achievement Award."

Instead of fame or fortune, though, Rutland has chosen the life of rural health care. Why?

Rutland will answer only by example, only by the smile on his face and the twinkle in his eye when he reminisces about the growth of the hospital or when he greets one of his charges in the 122-bed nursing home facility (connected to the hospital) he oversees. As a matter of fact, Rutland doesn't want to talk about himself at all, obviously embarrassed by his awards.

But he will tell the story of how he ended up in Fayette in a practice that's lasted 51 years. "I had never heard of Fayette," he says in a soothing Southern baritone lilt. Growing up in Gadsden, attending the University of Alabama, serving in the Navy during WWII and Korea, attending med school at Tulane, he was doing a residency in Colorado when he heard about the eminent need in his home state.

With family close by for both him and his wife (now of 54 years, Nancy Babb Rutland), he set up shop just



Photo/Brandon Lovett

Dr. Rutland visits with his patient, Ovella Harkness, in the nursing home facility within Fayette Hospital.

45 miles down the road from his college town. And he's been at it for 50 years.

Somewhere along the way, Rutland determined that even as complete a devotion to his patients as he had was not enough, so he began to do what he could to bring along the next generation of family physicians. In the 1960s, he became one of the founding physicians of the College of community Health Sciences at UA.

For a while he served as residency director and he set up a program—a rural preceptorship—so that the Tuscaloosa's UA medical students received some training in rural areas. Rutland also found the time over the years to start clinics in both Kennedy and Berry, even smaller towns in Alabama.

He closed his own Fayette clinic in 1997, after delivering a couple thousand babies, working 70-hour weeks, taking seven or eight shifts a month in Fayette's ER room and seeing some 25-35 patients per day in his office.

As he bustles around the nursing home and into the hospital narrating with pride the story of a small-town hospital, Rutland convinces everyone nearby that there is

no end in sight for his remarkable, personally satisfying career. He'll stay at it: "As long as I enjoy it. As long as I've got my faculties, and as long as I think I'm doing any good."

You too could become a country doctor—a rural health care practitioner. The University of Alabama's College of Community Health Sciences is looking for students who are smart enough, motivated enough, and care enough.

If you are, they will be with you every step of the way.

If the life of a rural physician intrigues you, contact them at the department of community and rural medicine—(205) 348-1300.

John Wheat, MD, MPH, Professor of Community & Rural Medicine and Internal Medicine, is director of the UA Rural Scholars Programs. You can contact him at jwheat@cchs.ua.edu or 348-1300.

The Courier would like to thank Dr. Amit Sharma from CCHS, who has led the paper on its tour of Alabama rural health care. Dr. Sharma has recently begun an internal medicine residency in Montgomery.

Nursing students get real—for the summer

Most persons are aware of the global nursing shortage. In response to the shortage, nursing education programs nationally have enhanced student recruitment. And nursing enrollment has, indeed, increased nationwide.

The Shelton State Nursing programs are no exception. The number of applicants to all three nursing programs has increased over the last three to four years.

Shelton State Nursing programs are interested not in just numbers, but in producing a

quality nursing graduate. Through an internship program, nursing students enjoy increased confidence in utilizing critical thinking and psychomotor skills.

Committed to providing a quality curriculum and training program, the Associate Degree Nursing program implemented the second summer internship program at DCH Regional Medical

See Nursing
Page 5



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Mitchell named SSSC softball coach

By Alicia Fields
Staff Writer

Jerry "Mitch" Mitchell Jr., a Montgomery native, has officially been announced the new head softball coach for the Lady Bucs. One of three kids and the only boy, Mitchell started helping his father coach at the age of 16.

Growing up, Mitchell played soccer instead of playing baseball. But his true love would be for the game of softball. During college he earned his bachelors degree at Auburn University-Montgomery in physical education. He then attended Arkansas Tech University in Russellville, Ark. to receive his masters. After graduating with a 3.9 GPA, Mitchell taught at five different high schools.

From 1993-1998 Mitchell was the assistant softball coach at Catholic High School in Montgomery. He coached junior high basketball and junior varsity volleyball at Trinity Presbyterian in Montgomery from 1998-1999.

Then from 1999-2000, Mitchell was head softball coach at Edgewood Academy in Wetumpka, Ala. At Taylor Road Academy in Montgomery he was the assistant softball coach from 2000-2001.

Mitchell's last high school head coach appearance was at Holtville High School in Deatsville, Ala., from 2001-2002. During his nine years of high school coaching, Mitchell also coached travel-ball teams during the summer.

At one tournament, Arkansas Tech's coach was there recruiting



Photo/Brandon Lovett

Jerry "Mitch" Mitchell Jr. is Shelton's new softball coach.

players but also recruited Mitchell to be the top assistant coach. But now at age thirty, being back in Alabama and coaching at Shelton is the ideal place for Mitchell. A junior college environment is what he wanted.

Here he can work with players that are still raw on their skills and also help those that may be having trouble with their grades.

Helping the players move on to a four-year school is his main goal.

The only improvements that Mitchell would like to see happen is consistency in coaching and in practice, creating a stable base for the program.

As the fall season swings into play in October, Mitchell is ready to see his new team in action.



A dozen youngsters are taken through their paces on the court of the Shelton State Buccaneers. Dribbling through a gauntlet of chairs is just one of the drills basketball staff administer to the eager Shelton Basketball Camp participants.



Commencement at Flowerhill, spring 2004

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Stepping ahead, while taking one last glance behind

By Jo Jo Martin
Special to the Courier

Well it's summer and I'm back at it—training and conditioning like I never have before.

I have to train myself harder because there is a new challenge ahead of me. I will be entering into Alabama A & M University where they compete in the Southwestern Athletic Conference (S.W.A.C.).

The A&M Bulldogs play against teams such as Alabama State University, Southern University, and Grambling State University—just to name a few of its opponents in the league.

At this level, Division I, the competition has become more elite and intense. That means that I must be that much more prepared coming from the juco ranks.

Every day when I wake up, I go to the gym and shoot 300 three-pointers. I shoot in sets of 50 from six spots on the floor.

I also shoot 100 free

throws—10 after every set of three-pointers and then forty straight.

After that, I do what are called dribble-penetration moves.

Dribble-penetration moves are moves such as head-fakes, crossovers, and hesitations—anything that helps create an open shot.

While doing this, I tend to mix it up. I might do 10 head-fakes to the left and right with short-jumpers and lay-ups, 10 moves between my legs to the left and right with the same sequence jumpers and then lay-ups.

I execute about six dribble-penetration moves in all the same way—10 to each side, left and right.

While executing all of these drills, I use my strength shoes. These shoes are designed to keep you off your heel, which creates explosion in leg quickness and strength.

Basketball is a tough sport. But with goals and a good work ethic anything can be accomplished.

My success at Shelton

came to nothing short of good, but it was because I allowed myself to work hard and practice. So for anyone coming into Shelton, I just challenge them to come in and work hard and keep their goals in sight. And that's in the classroom and in extracurricular activities, as well.

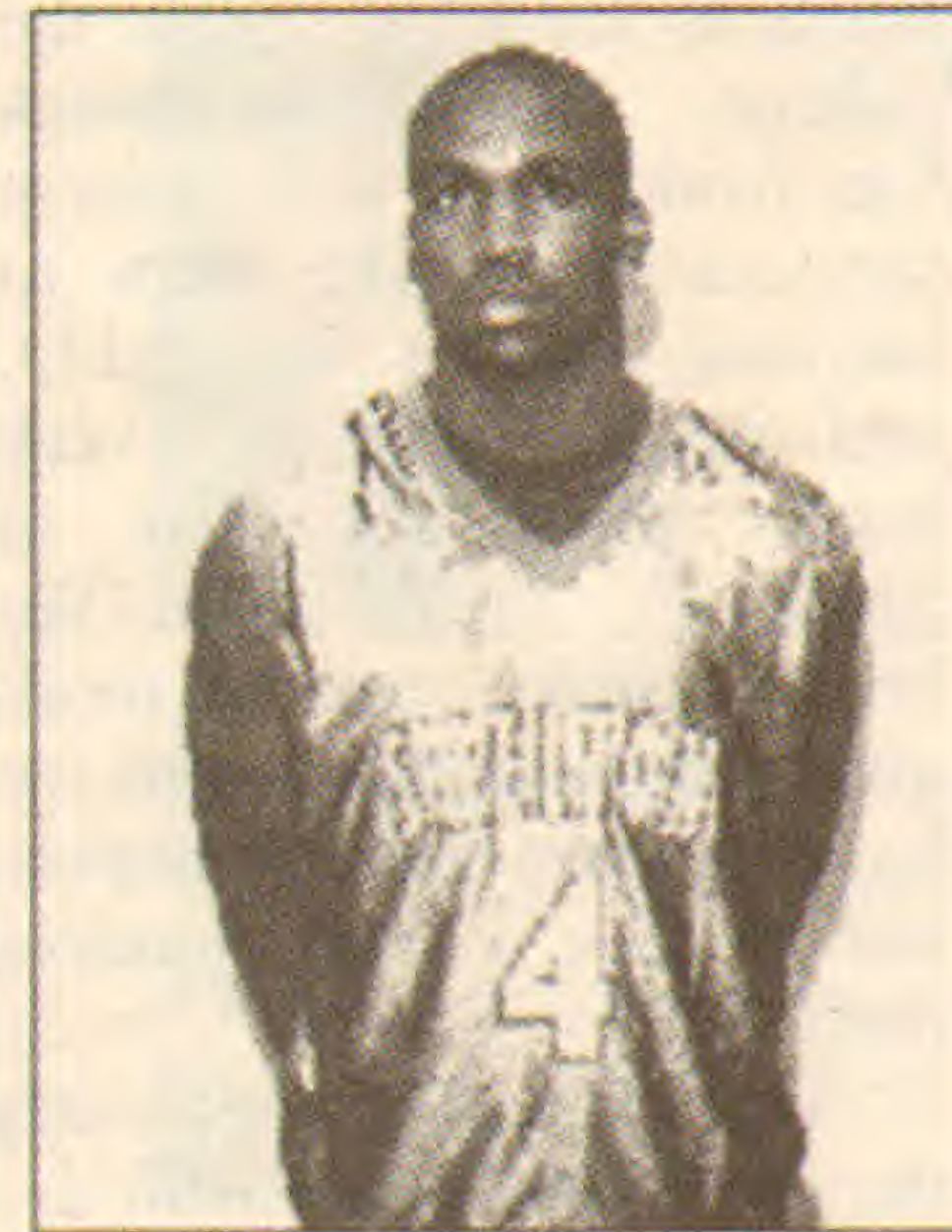
My career at Shelton finished in a way I really did not want it to: we lost in the championship game of the state finals.

But I was fortunate enough to have played on a team with classy individuals. The coaches were great as well.

Though seeming tough at times, they always had the players' best interest at heart—and not to forget a wonderful coach's wife [assistant dean Susan Mohun], who was a mother away from home.

In my two-year career, Shelton finished with a 54-13 record. In one year we claimed a record best 30.

I won a few individual awards. I was named to the state finals All-Tournament Team my freshman and soph-



Sensational Buc guard Jo Jo Martin will take his work ethic to Alabama A&M this fall.

omore years. I also was named to the All-Region team my sophomore year and won MVP of the first Shelton State Thanksgiving Classic.

I had a great time at Shelton with the entire faculty, coaches, students and teammates. I hate to leave, but I have to go.

I just say to the people here now and the ones coming in, "With God and a positive mind set, anything can be achieved."

Nursing From Page 3

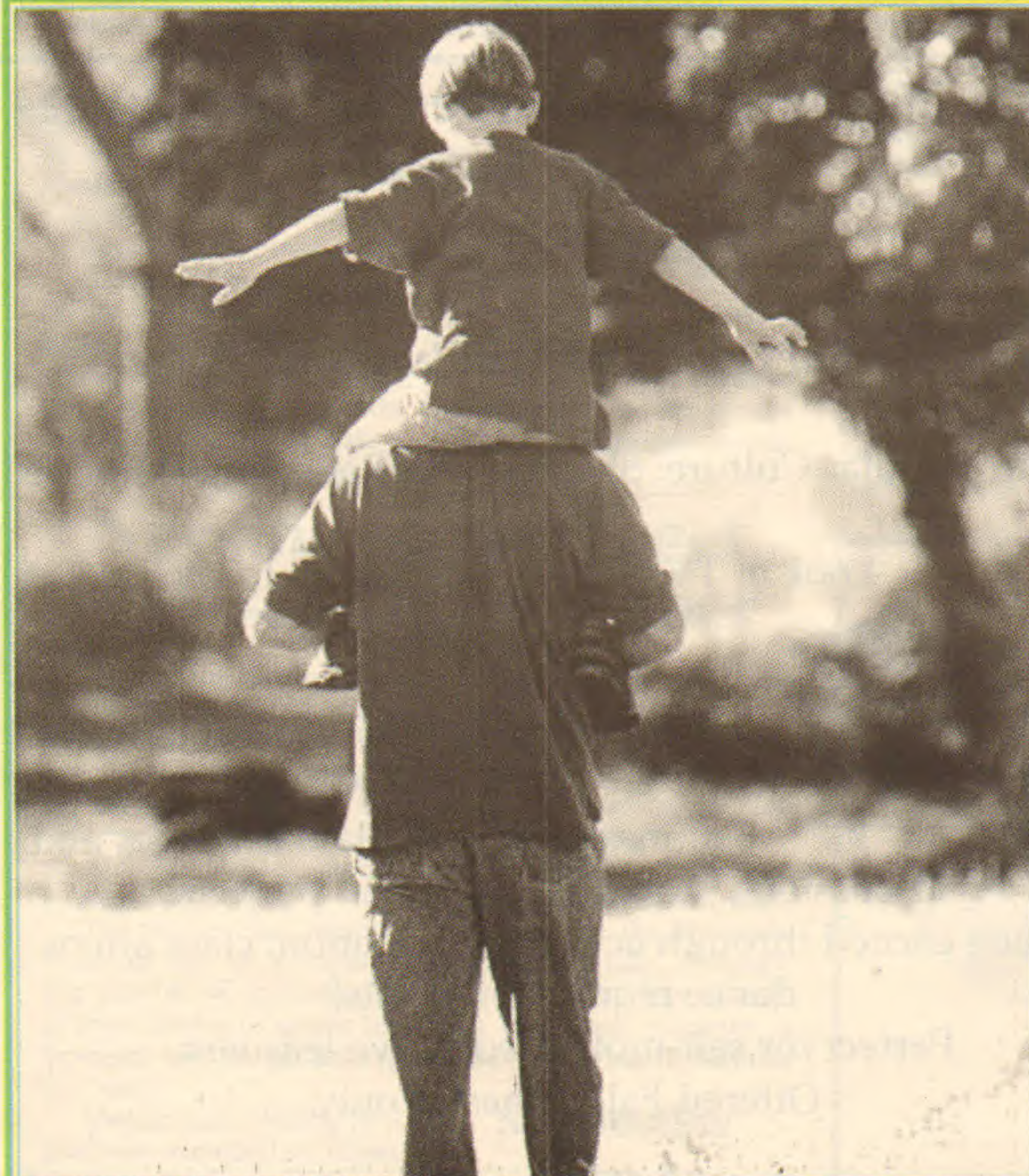
Center. The program is known as course Nur 212, Summer Nursing Internship Program, a five credit course. The course was first designed in 2000-01 with seven nursing students training over an eight week period.

This summer eight nursing students participated in the internship program. Students train on medical-surgical units from Monday to Thursday on the 7-3 shift. Under the supervision of the clinical instructor, Jackie Williams, and the student's assigned preceptors, students gain valuable experience and function in the role of a Registered Nurse.

Preceptors are experienced nurses who are selected as models for nursing students. The special bonus to the internship program is that the intern students receive a stipend during the eight week period. The hospital also pays for the course and any books related to the course.

Gladys Hill, Director of Nursing and Health Related

See Nursing Page 7



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Taylor From Page 1

Taylor began at Shelton State in 1983 as a student and was involved in the work-study program before receiving his B.A. and masters degrees at the University of Alabama. Taylor has held numerous positions at Shelton State, such as admissions officer, division director in the Planning and Finance Division; and deputy director of administration at the Alabama Fire College.

As the new Dean of Students, Taylor will now supervise all areas of student life at Shelton State, including student activities, recruitment and counseling, admissions, records, athletics, and most recently, security. After making the announcement, Dr. Rick Rogers, President of SSCC said, "I'm delighted that Tommy has accepted this key position of responsibility at Shelton State; his commit-

ment to this institution and its goals make him the perfect choice for Dean of Students."

In an interview in his new third floor office, Dean Taylor highlighted one of the areas he wants to see improved at the college. "One of the things I'm working on with student services is to take steps to increase student ownership, and involvement in every aspect of college life at Shelton," Taylor said. "We hope to make students more aware of the organizations we have for them here. It's important to have a strong student body."

Taylor seems to approach the challenges ahead with the kind of serenity one might expect from a former missionary. "I am deeply honored by the confidence the administration has shown in me," Taylor said. "I expect there will be a lot of challenges, but I'm fortunate to have a wonderful staff in place that provides outstanding service to our students."

Cell phone usage may have hidden dangers

By Jason Spencer
Staff Writer

Just about every person between the ages of 18 and 30 carries a cell phone nowadays.

Reasons vary from business communication or just the 'hip' vanity of owning a cell phone.

Buying a cell phone has never been so easy because of affordable plans and pre-paid plans. These plans can start very cheap and offer many minutes of usage. These plans can range from \$40 to \$50 for about 400 minutes. Just about all of the major carriers boast that they have extensive networks that have no additional roaming or long-distance fees.

Though cell phones and plans are easy to get, there are dangers with using these devices that are not included in your "cell phone package." The dangers include those that can be avoided by the user and those that are inherent in using a cellular device.

Many accidents can be attributed to car accidents due to drivers taking their attention off of the road, yet many lives may have been saved by these wireless wonders. The state troopers have taken notice to this and have set up a 911 like system for the high-

way. Signs are posted along highways with the number to dial in case of an emergency. This can also be very helpful. On the other hand there is a less visible evil created by cell phones. Radio frequency radiation also known as RF can be cancerous. Even though cell phones transmit with less power than most "walkie talkies" they still can persist to cause health risk. According to the FDA's website, all cellular devices must be compliant to the FCC's regulations as far as RF radiation is concerned.

According to an article in *Popular Science*, cell phone radiation can have serious effects. Test done on rats by many colleges have confirmed that cell phones can cause brain damage within hours of use or close exposure. The rats had damage to neurons and blood vessel leakage. These experiments were said to have similar effects for humans. *Popular Science* also states that over a long term use of these cell phone devices, especially microwave frequency cell phone usage, brain damage can result in mental defects.

See Cell Phone
Page 7

Looking for the first Shelton State Idol

By AnTonio Nevels
Staff Writer

I find it kind of ironic that I'm not a fan of *American Idol*, but I continue to talk about the show as if I have no other choice. The fact is that I really don't have a choice because now Shelton State has gotten into the act of 'idolization.'

Apparently, the show has influenced the school's administrators because *American Idol* is coming to Shelton, well sort of.

Although the actual show isn't coming to Tuscaloosa (sorry *Idol* fans); the theme is. In the month of October, Shelton will host the first ever Shelton State Idol.

When faculty member Kim Smith first told me about the idea I thought to myself, "That could be kind of cool," so I ran with the idea. To get more information on the upcoming events I spoke with Molly Booth in the President's Office and Cindy Wyatt, an administration clerk.

Booth and Wyatt are both members of SI Team 5. In the following interview I spoke with both of them to gain more insight on the subject matter...

What does SI stand for?

Booth: SI stands for

Systems Improvement.

What exactly does the team do?

Booth: Well, we generally keep things operational that are on campus. Things such as The Bookstore, parking, etc. are examples.

How did this idea come about?

Wyatt: Well watching it on television was what initially inspired me. I just thought that it was something we could do here.

How do students join the show?

Booth: Students who want to participate will need to fill out applications. We're not exactly sure where students need to submit them yet, but the deadline will likely be between September 1 and the 17.

When do the auditions take place?

Booth: We're aiming for the last week of September and the conclusion of it all should be around the end of October.

How do you keep students involved?

Both: For one, students get to vote, so that helps a lot. Also, we plan to use flyers, *The Courier*, and the teachers to spread the news to their classes as well.



Photo: AnTonio Nevels

Shelton sophomore Stephanie Freeman practices her pose for the upcoming talent show.

What talents can the students display?

Booth: This year we are going to limit it to singing but hopefully in the future we can include more talents.

What is the prize if you do happen to win?

Booth: The prize will be a book scholarship that will probably be around \$500.

Students Carmen Brodiford and Danielle Deason, both freshmen, say that they would be more than interested when the auditions begin.

"Well I like to watch talent shows because I like to see who thinks they're all that great fail," said Deason.

I hope you all are as anxious as I am. It should be interesting to see who will be the first Shelton State Idol.

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Nursing From Page 5

Programs, said, "We are excited to have the students at DCH this summer. We are also grateful for the collaborative relations and commitment that the hospital offers for educating nurses in the West Alabama area." Intern student Chalee Floyde said, "The Internship is a good program. It will be a tremendous help to us in the future." During the summer, the clinical instructor, Jackie Williams, is located on hospital grounds to further assist students in the learning process. The eight intern students are placed on eight dif-

ferent units from first floor in the Medical Tower to the hospital's sixth floor. Williams said, "It is exciting to observe students grow in skill and confidence. From the beginning of the summer to now, students gradually progressed in increasing the number of patients caring for and in the skills performed." The eight intern students are John Alsobrook, Andria Blake, Britni Carver, Brandi Doremus, Chalee Floyde, Kristi Hamner, Tracie Morrison and Brian Smith.



Photo/Sherry Snow

Participating in the Summer Nursing Internship Program are (L-R) Jackie Williams, clinical instructor; Brian Smith, intern student; Tracie Morrison, intern student; Eula Das, Vice President of DCH-RMC; Britni Carver, intern student; Andria Blake, intern student; Chalee Floyde, intern student; Gloria Williams, director of nursing; and John Alsobrook, intern student.

Cell Phones From Page 6

These are very scary and numbing findings and almost makes one want to put down the cell phone and go back to the old land line, yet this "cell phone revolution" can't be stopped because of a few damaged brain cells; commercialization continues without any attention to the long term effects of cell phone radiation.

If you own a cell phone, you may want to look over the owner's manual. You may notice that there is an FCC compliance statement included as well as warnings about RF radiation.

One tip that may help those that are truly frightened by this may be to use a headset. Headsets actually allow the user to use the cell phone without exposing much of the radiation directly to the brain. Instead the radiation is directed to other parts of the body.

Well there is no definite way to fully avoid the dangers of cell phone radiation, but you have to remember that cell phones are just little low powered radio transceivers. If you are really creative and afraid, you could always make your own lead suit. Of course the lead would have to be insulated so that immediate exposure to it doesn't become dangerous as well!

Read the book. Think about the state.

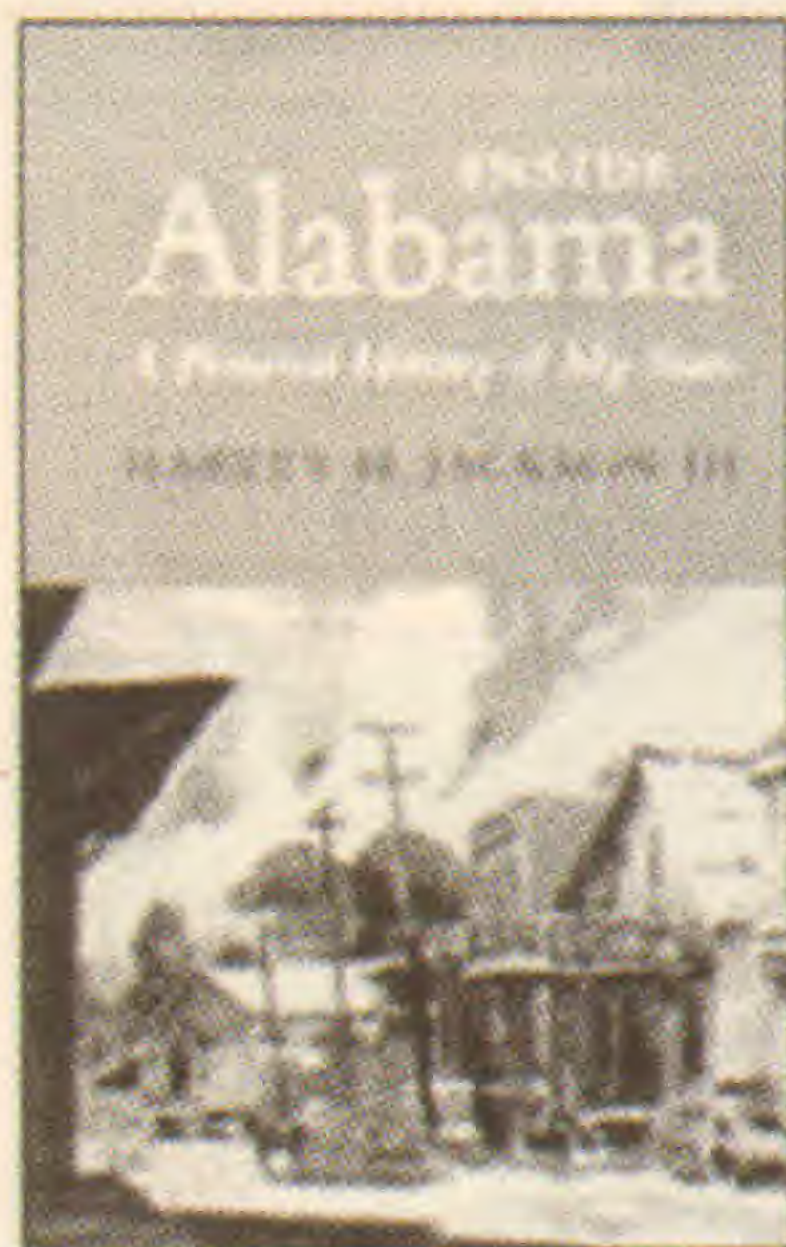
And, one day...meet the author

This fall, the *Shelton State Courier* plans to bring the author of a fascinating new book about the history of Alabama to campus. Over the next few issues, we will be telling you more and more about:

Inside Alabama: A Personal History of My State, by Harvey H. Jackson

Jackson loves a good paradox, and he delineates quite a few in *Inside Alabama*: "In 1906 Alabama earned \$400,000 from convict labor, more than four times what it collected a few years before. Reformers might decry how the system profited from human misery, but no would could deny that in Alabama crime paid."

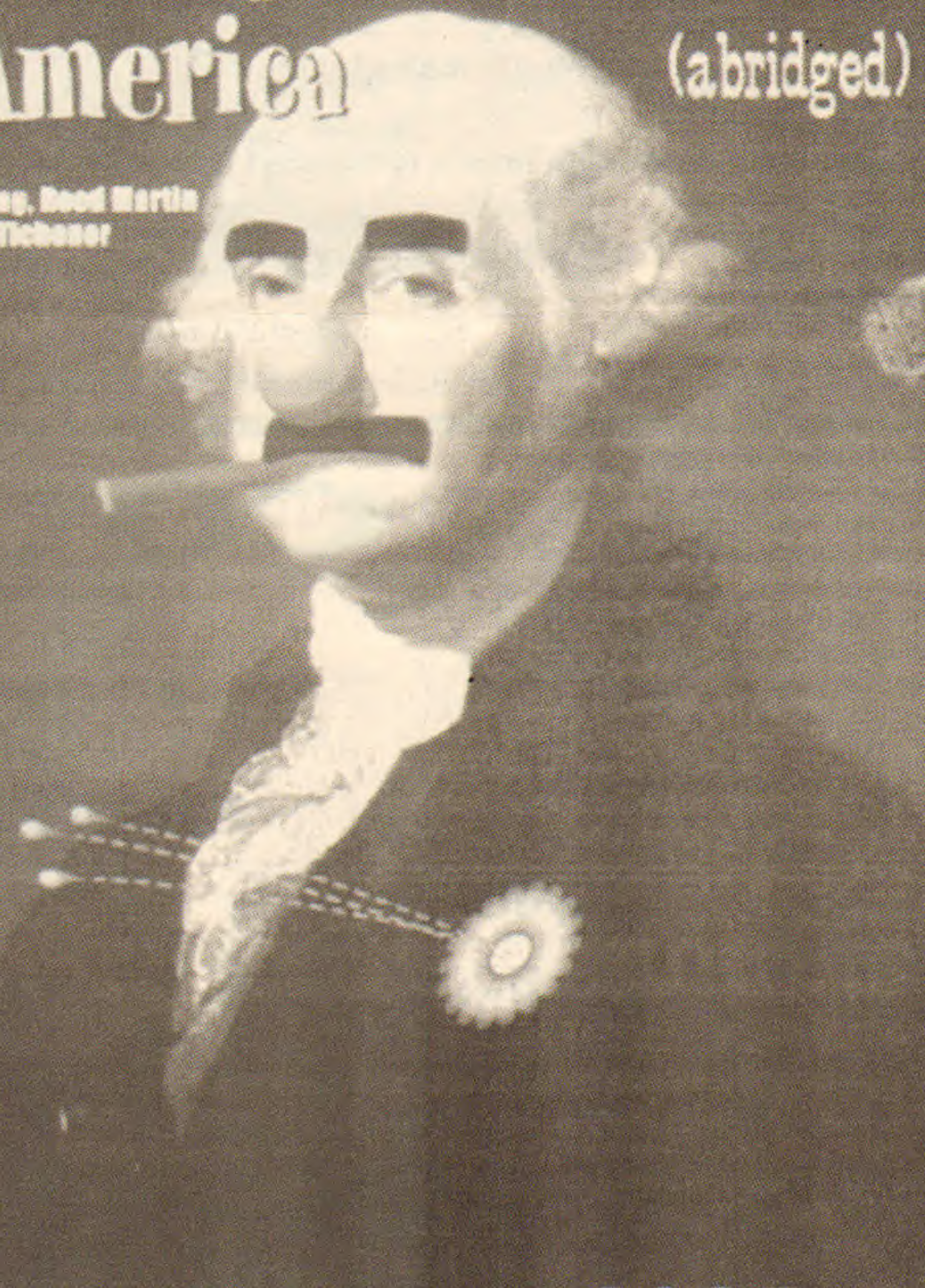
Another irony Jackson examines is how a progressive governor like Bibb Graves was trumped by big business interests. Graves wanted to fund public education through a tax on businesses' gross receipts, but "...conservatives pushed through a sales tax instead. Fearing his whole program would fail, Graves signed the act into law. It was a fateful moment, for it set Alabama on a course that would in time give it one of the most regressive and unstable tax systems in the nation."



Inside Alabama is available in fine bookstores throughout the state or on-line at uapress.ua.edu.

The Complete History of America (abridged)

By Adam Long, Reed Martin
and Austin Tichenor



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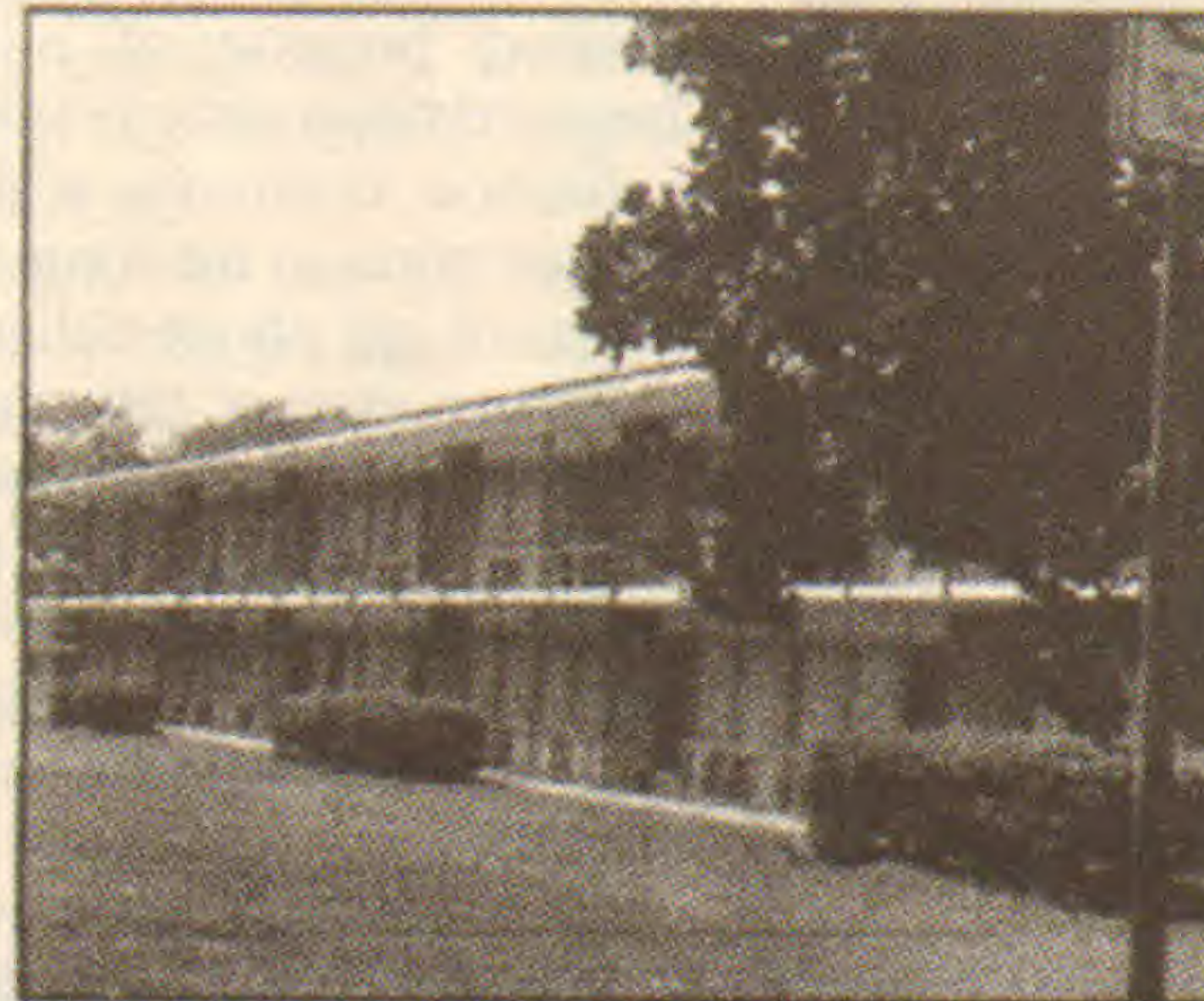
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